



## Siaad u heshid wax yaalo kale:

Fiiri si 'aad u aragto hadii ay jirto **Talooyin kaluuminaysi** meesha aad qorshaynaysid in aad ka kaluumaysatid.

Hadii aad qabto su'aalo ku saabsan kaluunka aan ku qornayn buugan war bixinta ama war bixin dheeraad ah curiyada/macdanta ama talooyinka kaluunka ee aga-gaar kaaga:

- Booqo website kayaga:  
[www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)
- Wac laanta caafimaadka ee dowlada washington, Xafiiska caafimaadka iyo daryeelida dagaanka Telefoonku waa 1-877-485-7316, Waana lacag-la'an.
- Wac laanta caafimaadka, qeebta caafimadka iyo Daryeelka dagaanka



DOH Pub 961-202 11/02 Somalian

Qofkaan awoodin warqadan ama dukumintigan Waxaa laga helaa codsiyo qaybo kale duwan ama Gudbihada codsiga, wac 1-877-485-7316

Dowlada Washington WIC barnaamijkan Waxaa loo qeebinayaa si'siman iyo shaqaaleba.



# Xaqiiqda Kaluunka Waa Caafimaad Fiicanhay



## Kaluunku waa raashin fiican

Kaluunku way ku yartahay dufanku iyo weliba il nafoqo fiican iyo nafoqo kale leh Cunitaanka kaluunku waa qeeb muhiim oo caafimaad ah iyo cunto qaadasho siman.

Laakiin caruurta qaarkood kaluunku wuu ka curiyaha/macdanta badan yahay kana taxadar si aad dooratid kalunka saxda ah hadii aad:

- Uur leedahay ama aad kalkaaliye aad tahay
- Ama aad haysato caruur yar-yar
- Ama aad ku fakarayso in aad uur qaado

## Maxay tahay nooca kaluunka saxda ah?

Dooroo kaluunka ee ay ku yartahay curiyada/macdanta. Kaluun kasta oo fereesh, ama talaajadaysan ama qasacadaysan waa xulasho fiican laguna daro cunto qaadashadaada :

- Salmon
- Flounder
- Cod
- Catfish
- Trout
- Pollock (kaluunka loo isticmaalo isyeel yeel carmaayada)



Noocyada kale ee raashinka bada ee ay ku yartahay curiyaha/ macdanta dufanka:

- Clams
- Shrimp
- Scallops
- Lobster

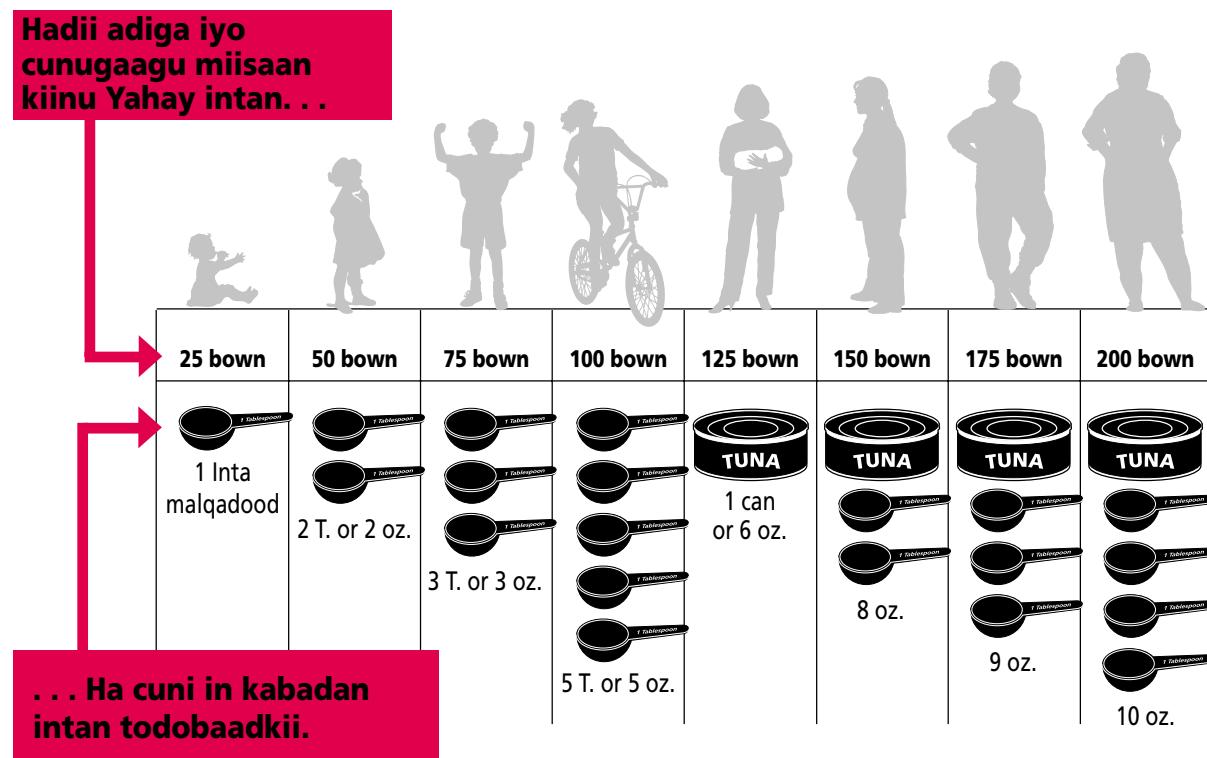




## Maxay tahay tuunada qasacadaysan ?

Waa iska caadi in la cuno tuunada qasacadaysan, lakiin haka cuni waxbadan. Tuunada qasacadaysan waxay leedahay xoogaa curiyooyin/macdan ah. Inta aad ka cuni karto Dhib la'aan waxay ku xiran tahay miisaan kaaga.

Miiskan ama xariijimahan ayaa kuu sheegaya inta tuunada qasacadaysan kacuni karto todobaadkiiba waxay ku salaysan tahay inta uu cunugaagu miisaan kiisu yahay:



## Kaluunkeebaa curiyo/macdan badan leh?

Ha cuni kaluunyadan badanaa ay ku badan tahay curiyada/macdanta:

- Swordfish
- Shark
- Tilefish
- King mackerel
- Tuna steak



## Mararka qaarkood curiyada malaga wal walaa?

Curiyo/macdanta badan ee cunto qaadashada waxaa dhici karaa dhib ay gaarsiiso cunuga awoodiisa waxbarasha. Qofka wayn curiyada/macdanta badan waxay kugu hogamin karaan neerfo xanuun, iyo in ay gaarsiiso dhib wadnaha, iyo in ay kugu kiciso dhiig kar.

Kaluunka waaween ee cuna kaluunyada kale waxay leeyihiiin curiyo/macdan badan. Hadii aad qabato kaluun. Fiiri si aad u'aragto in aad haysato

"Talooyinka Kaluunka" aga-gaar kaaga. "Talooyinka Kaluumka" waxay leeyihiiin digniin khaas ah. Waxaa loo siiyay haday khusayso caafimaad ahaan oo lacuno kaluunka webiyada iyo leegyada qaarkood maxaa yeelay curiyada/macdanta iyo sumaynta kaleba.

## Karistu wax maka badashaa qiyaasida curiyada/macdanta kaluunka?

Maya. Malaha jid khaas ah lagu kariyo kaluunka oo curiyada looga saaro. Sidaas ayay muhiim u tahay in lacuno kaluunka ay ku yar tahay curiyadu/macdanta.



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**Sincerely,**  
**Health Education Resource Exchange Web Team**

# **P R I N T I N G   S P E C I F I C A T I O N S**

**Title:** Fish Facts for Good Health

**Size:** 14 x 8.5

**Paper stock:** 70# text natural

**Ink color:** Pantone 199 and Black

**Special instructions:** 2-sided printing. Finished job folds to 3.5 x 8.5

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